

I claim:

- 1 1. A flavored capsule suitable for encapsulating a dose of fish oil comprising:
 - 2 a) a forming agent chosen from the group consisting of gelatin and vegetable starch;
 - 3 b) a capsule softener;
 - 4 c) water; and
 - 5 d) a water soluble flavoring, wherein said capsule softener is present in a
 - 6 concentration in the range of about 10% to about 35%, water is present in the
 - 7 range of about 6% to about 10%, and the water soluble flavoring is present in a
 - 8 quantity which improves the taste of the capsule.
- 1 2. The flavored capsule of claim 1, wherein the forming agent comprises gelatin and the
- 2 capsule softener comprises a polyol.
- 1 3. The flavored capsule of claim 1, wherein the forming agent comprises a vegetable starch
- 2 and the capsule softener comprises a polyol.
- 1 4. The flavored capsule of claim 2, wherein the polyol comprises sorbitol or glycerol.
- 1 5. The flavored capsule of claim 3, wherein the polyol comprises sorbitol or glycerol.
- 1 6. The flavored capsule of claim 2, further comprising a dose of fish oil encapsulated therein,
- 2 whereby the water-soluble flavoring promotes the ingestion of the fish oil dose.
- 1 7. The flavored capsule of claim 3, further comprising a dose of fish oil encapsulated therein,
- 2 whereby the water-soluble flavoring promotes the ingestion of the fish oil dose.
- 1 8. The flavored capsule of claim 6, further comprising an oil soluble flavoring in the fish oil
- 2 dose.

1 9. The flavored capsule of claim 7, further comprising an oil soluble flavoring in the fish oil
2 dose.

1 10. A fish oil capsule for palatable presentation of fish oil comprising:

9 b) a fish oil dose, said external capsule encapsulating said fish oil dose.

1 11. The fish oil capsule of claim 10 wherein the capsule softener comprises a polyol.

1 12. The fish oil capsule of claim 11 wherein the polyol comprises glycerol or sorbitol.